Cooking Thyme with Stacie

SHARING THE JOY OF COOKING & HOSPITALITY

Live Stream Cooking Class
Falafel Fest
2.26.21
4 – 5:30 pm EST

- Menu –
Homemade Pita Bread - Falafel - Yogurt, Cucumber Sauce - Tabbouleh Salad on Romaine Lettuce - Homemade Hummus

www.cookingthymewithstacie.com

To view the class video, copy and paste the following link in your browser:

www.cookingthymewithstacie.com/video-class-purchase/ffest22626

Shopping List

Dairy/Freezer

- 1 egg
- 1, 5.3 ounce Greek yogurt

Pantry

- 2, 15-ounce cans garbanzo beans, drained and rinsed
- 1 TSP baking powder
- ½ cup plus 2 TB olive oil
- ½ cup garlic and herb bread crumbs
- ¼ cup all-purpose flour
- 24 ounces vegetable oil
- 1 package (2 ¼ TSP) instant yeast
- 2 ¾ cups all-purpose flour plus more for dusting

Produce

- 1 yellow onion
- 1 bunch Italian flat leaf parsley
- 4 cloves fresh garlic
- 4 lemons
- ½ English cucumber
- 3 plum tomatoes
- 4 green onions
- 1 bunch curly parsley
- 1 bunch cilantro
- 1 package fresh mint (about 3 TB)
- Head of romaine lettuce

Spices

- Kosher salt and black pepper
- 2 TSP ground cumin
- 1 TSP ground coriander
- 1/8 TSP cayenne pepper
- 1 TSP cinnamon
- 1 TSP allspice

Specialty

- 2 TB Tahini (optional for sauce)
- ½ cup dried bulgur

Picture Guide

Bulgur

Tahini

Equipment

Electrics

- Blender
- Food processor
- Stand mixer

Pots and Pans

- Cast iron skillet
- Dutch oven or deep skillet

Utensils

- Chef's knife
- Cutting board
- Fine mesh strainer
- Measuring cups and spoons
- Mixing bowls – various sizes
- Rolling pin
- Spatula
- Whisk

Other

- Paper towels
- Plastic wrap

Mis en Place

The French culinary term for “everything in its place”

In order to have a smooth cooking experience, I recommend that you retrieve all the equipment you will need for the class before we begin. In addition, if you have time, group your ingredients by recipe. Most chefs place their components on sheet pans – this is ideal if you have the room.

- I recommend you read through the recipes before class.
- I encourage you to prep your ingredients so that you will have more time to watch the instruction.
- *You may want to prepare (but you do not have to)* the pita dough before we start so there is sufficient time for it to rise. If you do so, make sure the water mixed with the yeast is no hotter than 110° F. We will begin with this recipe!

Falafel

Serves 4 - 5

Makes 14, 2” falafel balls

1, 15 ounce can garbanzo beans, drained and rinsed

1 (about 1 cup) small yellow onion, chopped finely

½ cup flat leaf Italian parsley, chopped

2 small cloves of garlic, chopped

1 large egg, beaten

1 TSP ground cumin

1 TSP ground coriander

1 TSP kosher salt

1/8 TSP cayenne pepper

¼ TSP black pepper

1 TB fresh squeezed lemon juice

1 TSP baking powder

1 TB olive oil

½ cup garlic and herb bread crumbs

¼ cup all-purpose flour

24 ounces vegetable oil

In the bowl of a food processor place the garbanzo beans, onion, parsley, and garlic. Pulse the ingredients until slightly chunky.

In a small bowl whisk the egg, spices, lemon juice and baking powder. Pour over the chickpea mixture and pulse several more times until the consistency is just slightly lumpy.

Dump the mixture into a medium bowl and stir in the bread crumbs and olive oil until well combined. Cover the bowl with plastic wrap and refrigerate 30 minutes – 1 hour.

Remove the chilled mixture and form 14, 2” balls. Slightly flatten each ball into a patty ½” thick and then dip in all-purpose flour. (be careful not to make them too thin or they will fall apart when fried.)

In a Dutch oven or deep skillet, heat the vegetable oil to 350˚ F. (If you do not have a thermometer, you can put the end of a wooden skewer or a wooden spoon in the oil – if it bubbles the oil is ready.)

Fry each falafel patty 3 - 4 minutes per side until golden brown. Remove to a plate lined with paper towel to drain and serve warm

Yogurt Sauce

1, 5.3 ounce plain Greek yogurt

½ cucumber, peeled, seeded and diced small

1 clove of garlic, minced

2 TB Tahini (optional)

1 TB lemon juice

¼ TSP kosher salt

Combine all the ingredients and cover and chill until served.

Tabbouleh Salad

½ cup dried bulgur
3 medium plum tomatoes, seeded and diced
4 green onions, chopped fine
1 ½ cups curly leaf parsley, chopped fine
½ cup fresh cilantro, chopped fine
3 TB chopped mint leaves
1 TSP ground cinnamon
1 TSP ground allspice
¼ TSP ground pepper
Zest of 1 lemon
Juice of 1 lemon
About 1 TSP kosher salt, season to your taste
¼ cup olive oil
Head of Romaine lettuce

Place the bulgur in a medium size bowl. Cover with about 1 ½ cups boiling water and let stand at least 30 minutes. Drain in a fine mesh sieve and gently fluff with a fork.

Place the herbs, green onions, and tomatoes in a medium bowl. Toss gently. Next sprinkle the cinnamon, allspice, salt, and pepper over the salad. Toss again to mix. Juice one lemon over the salad and lastly add the olive oil. Toss everything together and taste for seasoning.
Serve on Romaine lettuce leaves.

Hummus

Makes 2 cups
(you may want to double this recipe, however, the shopping list ingredients are NOT doubled!)

2 cups (1, 15 ounce can) garbanzo beans, drained and rinsed
2 TB warm water
¼ cup olive oil
Juice of 1 lemon
1-2 cloves of garlic, minced
½ TSP Kosher salt
1 tsp ground cumin
Freshly ground pepper to taste

First, I remove the skins from the garbanzo beans to have a smoother texture. (You can skip this step if you desire.)

In a blender or food processor, combine the beans, warm water, olive oil and lemon juice. Pulse until smooth. Add the garlic, salt, cumin and pepper until well combined. Place in a small container and chill until ready to serve.

Traditional Pita Bread

1 cup hot water about 110° F
1 package (2 ¼ TSP) active dry yeast
2 ½ cups all-purpose flour, plus more for kneading
1 ½ TSP Kosher salt
1 TB olive oil

Whisk the water and yeast together in the bowl of a stand mixer. Let it rest 5 – 10 minutes until the yeast has bloomed. You will see a foamy surface on the water. Once the yeast is totally dissolved add 2 ½ cups of flour to the mixture, the salt and the olive oil. Using the dough hook, knead the dough on medium speed until it is smooth and elastic. Sprinkle a good amount of flour on the counter. Turn the dough out onto the surface. Knead the dough by hand adding more flour if necessary, to keep it from sticking. You want the dough smooth. Place the dough in a clean bowl that has been coated with a small amount of olive oil. Turn the dough over until it has been coated with the oil. Cover with plastic wrap and let the dough rise for 1 hour, until it is doubled in size. To speed up this process, I turn on my oven to 350° F and then put the dough bowl on top of the stove top. Being next to the heat helps the dough to proof faster, especially if your kitchen is cold.

(You can store the dough in the refrigerator for up to one week.)

Turn the dough out onto a lightly floured surface. Cut the dough into 8 - 10 equal pieces. First roll it into a ball and then flatten it slightly into a disk shape. Taking one disk at a time, start rolling it out with a floured rolling pin.

Turn the dough frequently while rolling it out into an 8-9" disk about ¼' thick. Pick it up occasionally to make sure it is not sticking to the countertop.

Heat a heavy bottom skillet over medium-high heat. (I always use a cast-iron skillet)
Place a small amount of oil in the pan and wipe off the excess. Place one pita in the pan at a time. Cook the first side about 30 seconds until small bubbles form. Flip it over and cook for an additional 1-2 minutes, until it is browned. Flip one last time and let it continue to cook another 30 seconds. Keep your eye on it – you don't want it to burn!

*** Be careful to watch the temperature as you continue to cook the pita, too hot and there will be burnt bits. You may want to reduce the heat slightly after cooking the first couple of pitas.*

To keep warm -Place the cooked pita on a plate and cover with a clean towel while you complete the rest.

The pita is best to eat immediately, although you can keep them in a Ziploc bag in the refrigerator for a few days.